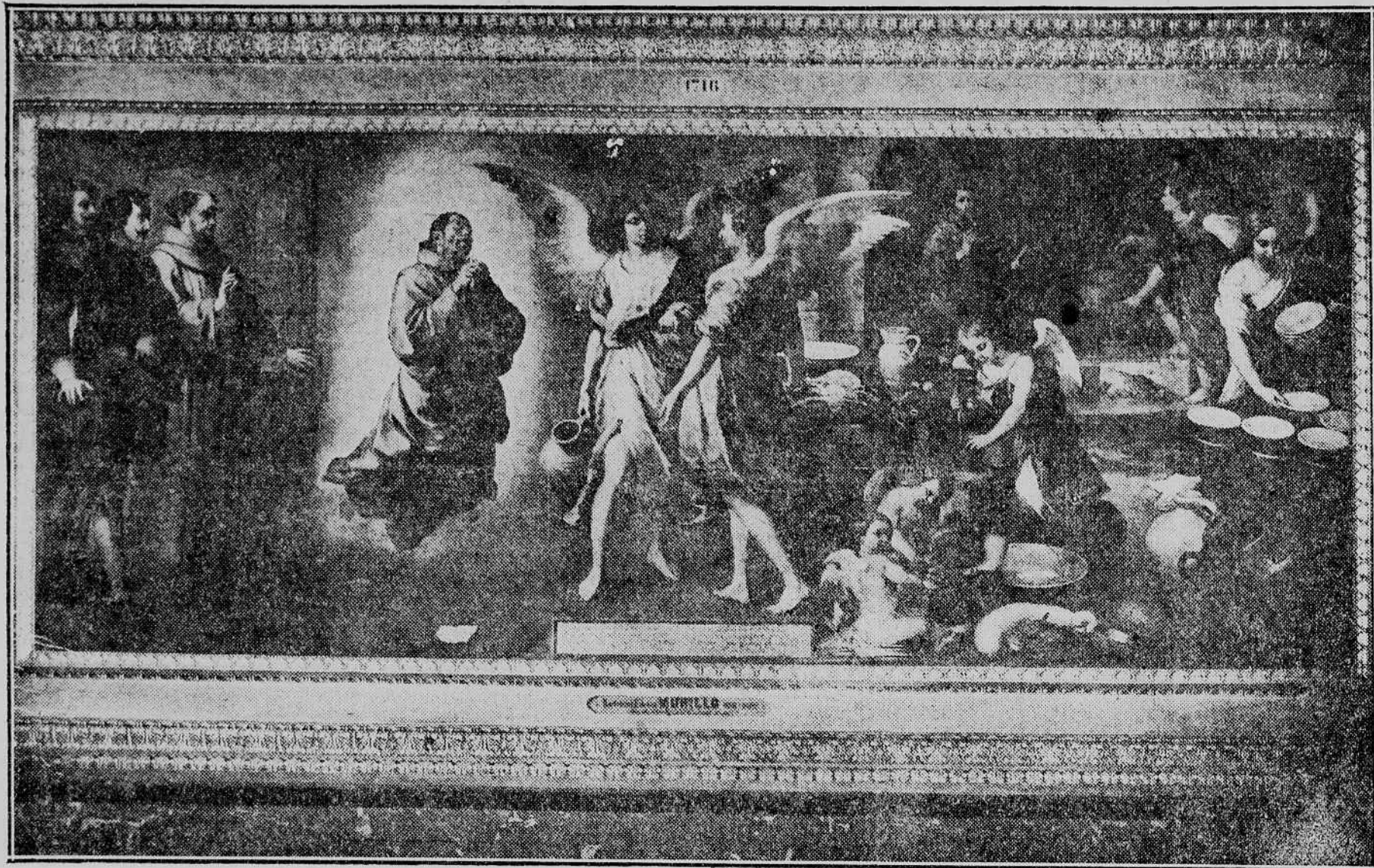


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The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tested
Foods

An Easter Greeting for All Good Housekeepers From The Mission Fathers of California

ST. DIEGO, the founder of the first California mission in the South, should be the patron saint of all good housekeepers. The tale runs that he did so spiritualize the menial routine tasks of the Franciscan kitchen where he served that the angels came and took over his work.

Murillo's painting, sometimes known as "La Cuisine des Anges," is the most inspiring mural decoration for the kitchen that we know of. Noble angels with meekly folded wings do draw and carry water and prepare the meat. Demure sweet girl angels gaily use mortar and pestle for the grinding of the food. And tiny cherubs, sitting on the floor, as they should, pick over vegetables and fruit with joyfulness. And the mighty ones, the directors and father superiors, they witness with uplifted hands and abashed hearts, "The Miracle of St. Diego."

This picture hangs in the Cloister Walk of the Glenwood Mission Inn, at Riverside, California, and there is besides a picture of the saint giving bread to the Indians, and a statue of him with "a spoon in the hand"—the symbol of his office.

A bread giver, one who goes with "a spoon in the hand," and love and humility in the heart—surely in these days when the world is so hungry in body, mind and spirit, the good St. Diego and his miracle has a revivifying Easter message for all of us, and especially for those whose privilege it is to nourish others, whether it be by providing daily bread for one's own family or for those across the world; or by feeding another's mind with a new thought about world old problems; or raising high the torch of one's spirit to light another's path.

We commend to you this St. Diego, the patron saint of the Institute from now on! Only those can hope to have angels in their kitchens who have a true ideal of service in their own hearts!

Anne L. Pierce, Director Tribune Institute.

The Historic Easter Egg Rolls Onto The Table in Many Forms

By Virginia Carter Lee

EASTER Sunday morning means in the majority of homes, eggs in some form, and in the four days' menus given for the coming week lighter egg dishes are suggested that will not only appear to advantage on the breakfast table, but will answer equally well for luncheon or supper, and even for dinner.

Fortunately, with eggs at their present low price (about 36 cents a dozen), they may be used almost ad libitum, and the wise housekeeper will now see her way clear to regale her family with puffy omelets and souffles, sunshine and sponge cakes, meringues, egg salads and dressings, to say nothing of the chafing dish or grille dainties that are always sure to prove popular.

Perhaps one of the simplest of the lighter egg recipes is a delicious fruit whip. This, of course, calls only for the whipped whites of eggs. These are folded into a fruit puree, sweetened to taste and a few spoonfuls of stiffly beaten cream added. They are delicious to serve with the morning cereal, and if the amount of cream is increased they will furnish an excellent dessert by turning into parfait glasses that have been lined with halved lady fingers.

Eggs "More Ways Than One"
When such dishes are prepared save the yolks to utilize in muffins, puddings, corn bread and sauces, and remember in the latter to in-

crease the amount of baking powder over the usual amount if the egg whites are omitted.

For the curried eggs, served for the first day's luncheon, hard boil three eggs and cut in large dice. Blend with a small cupful of very thick, seasoned brown sauce and flavor highly with curry powder. Heat over hot water and heap in mounds on large slices of fried egg plant. If preferred, the eggs may be served in a border of steamed rice and a little chopped parsley added.

In making the Quaker omelet beat the yolks of four eggs until lemon-colored and add four tablespoonfuls each of milk and grated bread crumbs, a teaspoonful of minced chives, a tablespoonful of chopped parsley, half a teaspoonful of salt and half a minced pimento. Fold in the stiffly whipped egg whites and cook as for ordinary omelet in the chafing dish.

For the egg canapes, fry two eggs in hot bacon drippings. Cool and chop finely. Add a teaspoonful of prepared mustard, half a cupful of chopped cress, a quarter of a teaspoonful of salt and a tablespoonful of grated horseradish. Spread on slices of graham bread that have been lightly fried on one side.

Eggs En Panade
In making the eggs en Panade, trim the crusts from six slices of bread. Break two eggs into a bowl, beat lightly and add one tablespoonful of chopped parsley, four tablespoonfuls of cream, half a teaspoonful of salt and a quarter of a teaspoonful of paprika. Rub over a heated frying pan with a cut clove of garlic and pour in four tablespoonfuls of salad oil. Dip the bread in the egg mixture, drain and saute until crisp and brown in the

With the Season Right and Prices Low, Use Them in Omelets as Well as Souffles, Cakes, Salads and Desserts—Four Interesting Menus Planned

hot oil. Serve in place of the hot breakfast bread.

In addition to the egg dishes given, egg croquettes can be highly recommended. Serve with these crisp bread rolls, green peas, mashed potatoes, a crisp green salad and a simple fruit dessert.

An egg and cheese souffle with a grated bread foundation is still another suggestion. Be sure that the souffle is light as the proverbial feather and accompany it with a vegetable salad, French bread, French fried potatoes, peach sherbet and demi-tasse.

An Egg Dessert
When planning menus in which eggs in some form serve as the principal course, an iced fruit beverage is always acceptable, as in the following menu: Bouillon in cups, puree of spinach with poached eggs, new potatoes, mint and ginger ale julep, spring salad and strawberry meringue tarts.

Perhaps one of the best egg

BREAKFAST
Cooked Cereal with Fruit and Egg Whip
Broiled Bacon, Eggs en Panade
Coffee
(Cost 79 cents)

LUNCHEON
Curried Eggs in the Chafing Dish
Served on Fried Eggplant
Rolls Celery
Fruit Ambrosia
(Cost \$1.05)

DINNER
Bouillon in Cups
Broiled Steak
Hashed Browned Potatoes
String Beans
Green Salad Egg Dressing
Almond Souffle with Maple Sauce
(Cost \$2.63)

desserts for children is junket egg-nog and it is very easily made, as it requires practically no cooking. For two glasses, beat one egg lightly, add a large cupful of hot (not boiled) milk, a few grains of salt, a quarter of a teaspoonful of vanilla and about one tablespoonful of sugar. Stir briskly and when the mixture is of tepid heat add one-third of a junket tablet, dissolved in a tablespoonful of lukewarm milk. Stir quickly, turn into two sherbet cups and sprinkle over the top of each a little grated nutmeg. Stand in a warm room until set, then chill without jarring on the ice. Serve with a spoonful of sweetened, whipped cream on top of each portion. This tastes very much like a delicious, rich custard. A few drops of vanilla may be added.

BREAKFAST
Halved Grapefruit
Mirrored Eggs Buttered Toast
Watercress Coffee
(Cost 85 cents)

LUNCHEON
Party Egg Salad Grape Juice
Finger Rolls
Sunshine Cake with Whipped Cream
(Cost \$1.20)

DINNER
Clam Chowder Crackers
Quaker Omelet Fresh Asparagus
Creamed Potatoes
Tomato Salad
Ice Cream Meringues with Fudge Sauce
(Cost \$2.35)

Recipes to Extend Your Use of a Valuable Food

AN EGG is an accomplishment which deserves your earnest consideration as to form and style of serving. There are actually hundreds of ways to use them, not only as in the suggested Easter menus, but for breakfasts any time of the year, for unusual luncheon combinations, for chafing dish specialties and in countless combinations with vegetables for those who eat no meat.

Seven recipes are given, including souffles, salads and desserts. There is no better time for trying them than now, when prices are low and spring appetites applaud this lighter form of protein food.

Almond Souffle

Scald a cupful and a half of milk,

half a cupful of very strong, strained black coffee and half a cupful of almond paste in the upper part of the double boiler. Cream four tablespoonfuls of butter with half a cupful of flour, add a little of the hot paste mixture and gradually stir into the first mixture. Stir constantly until very smooth and blend in the yolks of four eggs, beaten until very light, with one-third cupful of sugar. Cook for a moment or two after the eggs are added, and add a few grains of salt. Remove from the fire, flavor with half a teaspoonful of vanilla extract and fold in the stiffly whipped egg whites. Turn into a buttered souffle dish, set in a pan of water and bake about half an hour in a moderate oven. Serve with a cream maple sauce.

Party Egg Salad

This is attractive as well as delicious. Cut six hard-boiled eggs into halves lengthwise, remove the yolks and mash to a paste. Add

BREAKFAST
Orange and Grape Juice
Normandy Eggs in the Chafing Dish
Popovers Coffee
(Cost 98 cents)

LUNCHEON
Easter Egg Salad Hot Biscuit
Mint Fruit Frappe
Gingerbread with Chocolate Sauce
(Cost \$1.32)

DINNER
Egg Canapes
Broiled Lamb Chops
Creamed New Potatoes
Spinach
Macaroon Custard en Surprise
(Cost \$2.40)

one tablespoonful each of minced sardines, chili sauce, chutney, salt, paprika and celery salt. Refill the whites and press the halves together. Dip the eggs in lemon jelly that has begun to thicken and that has been made with twice as much gelatine as usual. Lay on a platter and sprinkle thickly with chopped pimentes. Chill and lay on crisp lettuce leaves. Ornament with mounds of mayonnaise dressing, sections of pickled beet and halved stuffed olives.

Hominy and Pimento Souffle

Have ready a cupful and a half of cooked seasoned hominy and add one minced canned pimento, one tablespoonful of minced parsley, three-quarters of a cupful of grated American cheese and the beaten yolks of two eggs. Flavor with a tablespoonful of Worcestershire sauce and add an extra half teaspoonful of salt. Beat the mixture until light, add four tablespoonfuls of thin cream, two tablespoonfuls of melted oil and fold in the stiffly whipped egg whites. Turn into a buttered souffle dish and cook in a moderate oven until well risen, then increase the heat of the oven and brown over quickly.

Eggs a la Suisse

Brown slightly in four tablespoonfuls of hot bacon fat, one small, minced onion, and half a finely chopped green pepper. Add half a teaspoonful of powdered sweet herbs, five slices of broiled bacon cut in dice and half a can (one small cupful) of tomato soup. Let boil up and stir in five lightly beaten eggs. Stir gently over a moderate heat until the whole is a light creamy mass. Serve on toast slices or fried bread.

Easter Egg Salad

Hard boil three eggs, shell and with a silver fork mash to a paste; add a quarter of a teaspoonful each of salt and paprika, one tablespoonful of shredded parsley, one teaspoonful of chopped chives, one tablespoonful of finely chopped nut meats and sufficient walnut catsup to form a stiff paste. Chill on the ice and, with the aid of butter paddles, form into the shape of small eggs. Arrange on each salad plate two crisp lettuce leaves and form a small nest from bits of curled heart celery. Line the nests with upstanding cooked asparagus tips and pour over all two tablespoonfuls of mayonnaise dressing. Lay the eggs in the nests and serve immediately. Tiny pink radishes may be tucked in among the celery.

Normandy Eggs

Melt in the chafing dish two tablespoonfuls of butter, blend in two tablespoonfuls of flour and add gradually a small cupful of milk. Stir constantly until the sauce thickens and boils, and add three chopped hard-boiled eggs, three tablespoonfuls of chopped sauteed mushroom caps, one tablespoonful of minced parsley, a quarter of a teaspoonful each of salt and paprika and a few grains of nutmeg. Cook all over hot water until the ingredients are heated through and

stir in one beaten egg yolk. Serve quickly on toast strips.

Macaroon Custard en Surprise

Scald eight crumbled macaroons in two cupfuls of hot milk and beat smooth. Beat the yolks of four eggs until lemon colored, add half a cupful of sugar, one-third of a teaspoonful of salt and combine with the first mixture. Flavor with half a teaspoonful of vanilla extract and fill into parfait glasses containing six maraschino cherries. Chill on the ice, and just previous to serving top each glass with a mound of sweetened whipped cream, flavored with the cordial. Garnish with a cherry on top of each.

Japanese Egg Salad

Two cupfuls of cold boiled rice, six hard-boiled eggs, diced; one cupful of beets, diced; one sweet green pepper, chopped; half a teaspoonful of grated onion.

Toss all lightly together and mix generously with stiff mayonnaise. Serve on lettuce leaves with toasted cheese sandwiches or hot, buttered cheese crackers.

(Tested and endorsed by The Tribune Institute)

A Rolled Oats and Raisin Bread Famous for Flavor

A BREAD that never grows stale sounds like a fairy tale, but this is practically guaranteed to be such a bread. The secret is, of course, because it is eaten so quickly. The recipe comes to us with the comment of the son of the house that there really isn't much use making it, because it "wears out" so soon. But the mother baker wisely rejoices in its vanishing properties, for a more wholesome bread it would be hard to concoct.

Oatmeal Raisin Bread
3 cupfuls uncooked rolled oats.
1 quart seedless raisins.
1 quart boiling water.
3 tablespoonfuls molasses.
1 tablespoonful salt.
1 yeast cake.
¼ cupful lukewarm water.
About two quarts flour.
Wash the raisins and mix them with the rolled oats, distributing thoroughly. Pour the boiling water over them and add the salt and molasses. Mix well and allow to stand until lukewarm. Dissolve the yeast in the lukewarm water and mix with the mixture. Stir in

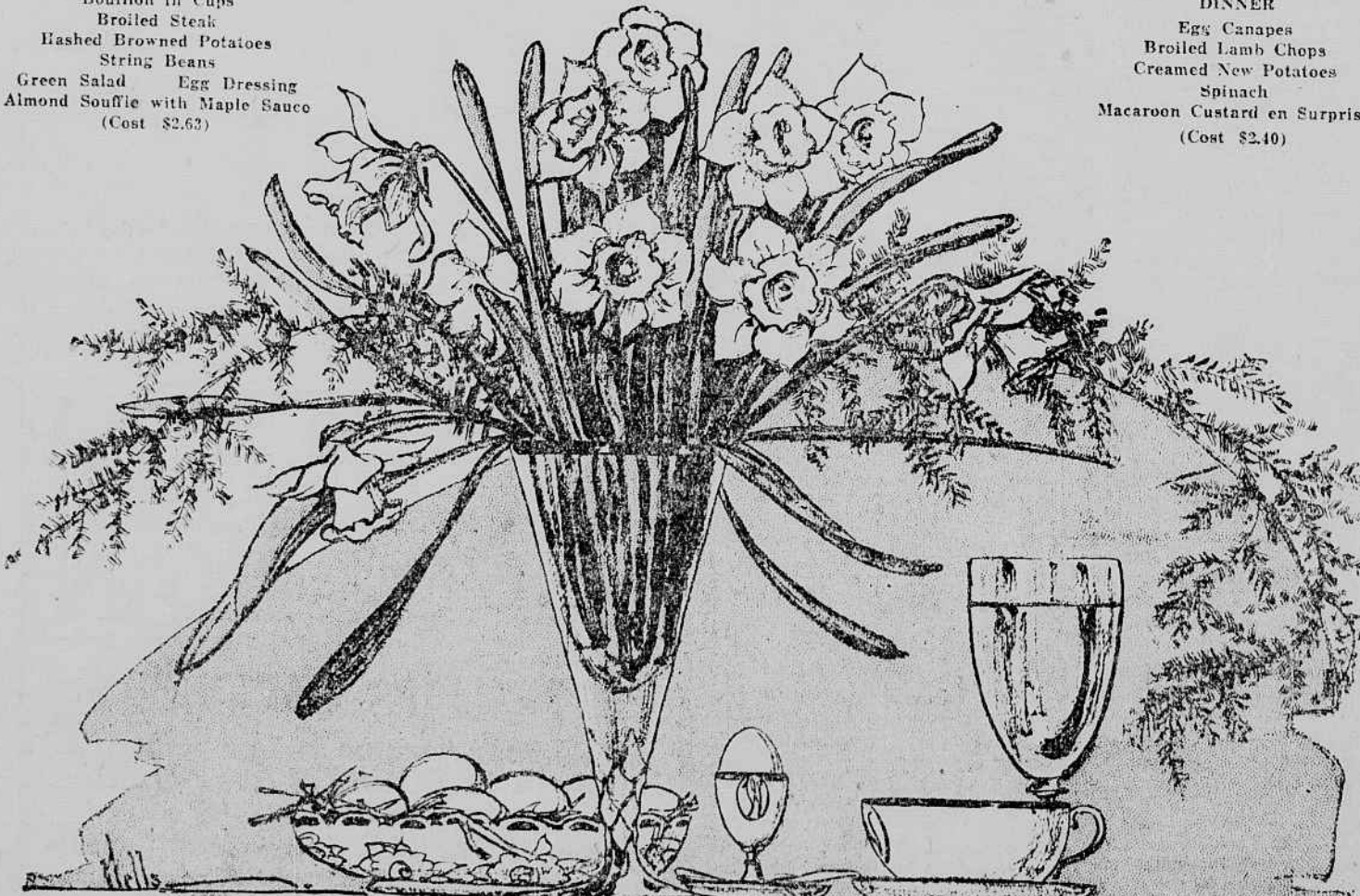
enough flour to make a dough that can be kneaded. If a bread mixer is used (as we made it in the Institute) the dough should leave the sides in a good, firm ball. This is necessary, as it seems to grow less stiff on standing.

Let the dough rise until double in bulk (about 1½ hours in a warm place), then form it into loaves and let rise a second time to double in bulk. Bake in a moderate oven (350 degrees) for one hour. The caution is given that this bread is apt to burn more quickly than the usual white loaf.

Three average-sized loaves will reward your labors. If small rather than large-sized pans are used, the loaf will cut into more attractive slices. This bread, although good any time, is especially suitable for school lunches, picnic sandwiches and Sunday night suppers.

From the dietetic standpoint, it forms an excellent base for sandwiches and has a worthy place in the menus of grown-ups who spend their days in offices.

E. C. R., Shelton, Cong.



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